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The only reason I read this book is because it was the chosen textbook for a Stress Management class. How ironic that the text for the class was so stressful for me to get through. Dr. Seaward should remove himself from the world of Academia and start a commune somewhere in the desert or mountains far away from folks who might take him serious enough to publish another one of his books.

### **Amazon.com: Customer reviews: Essentials Of Managing**



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